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### Abstract

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The invention relates to a fruit gum composition containing at least one sweetener, at least one gelatinizer and/or thickener, at least one souring agent, at least one colorant, at least one flavoring and at least one release and glazing agent or sugar-coating agent as a surface-treatment agent, wherein the fruit gum composition additionally contains L-carnitine and/or at 10 least one L-carnitine salt and/or at least one L-carnitine salt mixture and/or at least one L-carnitine complex and/or at least one mixture of substances containing L-carnitine and/or at least one L-carnitine fumarate. The invention furthermore relates to a preparation method and to the use of the fruit gum composition.